

## Urbana Senior Center

Offering fitness, enrichment & social opportunities for 50+

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[www.FrederickCountyMD.gov/aging](http://www.FrederickCountyMD.gov/aging) Facebook: [Urbana Senior Center – Frederick County, MD](https://www.facebook.com/UrbanaSeniorCenter)

# April Program Highlights

### The Inside Scoop

#### Ethics at the End of Life

Deb Pow, a social worker with Hospice, will lead this discussion focusing on what is most typically important to the senior population in regards to ethics at end of life: who has the capacity to make decisions; differences between medical power of attorney and financial power of attorney; issues that arise when there isn't an advanced directive; what happens when there are differences of opinion within the family unit; what are the differences between legal and moral ethics

**Date:** Tuesday, April 18

Sign-up by Thursday, April 13

**Time:** 5:30 p.m. Fried Chicken Dinner  
6:00 p.m. Talk/Discussion

**Cost:** \$5.00 for the meal

### Lunch with Nurse Steve

#### Has my immune system stopped working?

Nurse Steve's talk will be "a discussion on common illnesses, and changes to the immune system associated with aging."

Menu: Chicken Fajitas, Mexican Rice, fruit

**Date:** Thursday, April 13

Sign-up by Thursday, April 6

**Time:** Noon **Cost:** \$4.68 (Regular meal cost)

### Sing-A-Long: Folk & Old Tyme Music

Hootenanny Sing-A-Long featuring your favorite folk tunes and a mix of good time music of the 50's and 60's. Ron Kutscher will bring back memories with this Folk Mix. Lyric sheets for all songs will be provided. (Lunch at noon, reservations required)

**Date:** Wednesday, April 19

**Time:** 1:00 p.m. **Cost:** Free

### MAP: Identity Theft

Help! My Identity's Stolen! What can I do about it? Learn how to prevent identity theft and what to do if it happens to you!

Maryland Access Point (MAP) provides information and assistance to area residents.

**Date:** Wednesday, April 12

**Time:** 11:30 a.m. **Cost:** Free

### Lunch and Learn

#### The Library's ADA Workstation

Learn about the library's assistive technology computer workstation! The Urbana Regional Library has computer workstation featuring a computer with a screen reader and a program which magnifies and adjusts contrast of the screen. The workstation also includes a machine which can read printed text documents out loud in numerous languages. (Stay for lunch after the discussion, \$4.68)

**Date:** Tuesday, April 18

**Time:** 11:30 a.m. **Cost:** Free

### Spring Luncheon

Celebrate Spring, Sunshine, and Flowers!

Menu includes: pork loin, green bean casserole, mashed potatoes, fruit, and apple pie

**Date:** Tuesday, April 12

Sign-up by Tuesday, April 5

**Time:** Noon **Cost:** \$4.68 (Regular meal cost)

### 3D Printing Event

Design and print you own 3D object. All adults are welcome. This is a joint program with the library. Registration required. Limited to 15 participants.

**Date:** Wednesday, April 5

**Time:** 11:00 a.m. **Cost:** Free

(see other side for calendar of activities)